



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 09314, Sapote, mamey, raw ^b

Report Date: July 01, 2017 01:44 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ^{1 2 4}	g	64.87	6	0.372	63.2	66.69	2.0	63.271	66.474	3	Analytical or derived from analytical	--	08/2010
Energy	kcal	124	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Energy	kJ	520	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Protein ^{1 2 3}	g	1.45	19	0.271	0.75	2.03	2.0	0.285	2.615	3	Analytical or derived from analytical	--	08/2010
Total lipid (fat) ^{1 2}	g	0.46	5	0.150	0.29	0.7	1.0	-1.446	2.366	2	Analytical or derived from analytical	--	08/2010
Ash ^{1 2}	g	1.12	5	0.068	0.88	1.2	1.0	0.26	1.975	2	Analytical or derived from analytical	--	08/2010
Carbohydrate, by difference	g	32.10	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fiber, total dietary ^{1 2 4}	g	5.4	6	0.438	3.8	6.2	2.0	3.532	7.302	3	Analytical or derived from analytical	--	08/2010
Sugars, total ²	g	20.14	3	0.709	18.98	21.42	2.0	17.086	23.188	1	Analytical or derived from analytical	--	08/2010

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Sucrose 2	g	4.09	3	2.029	0.07	6.6	2.0	-4.64	12.823	1	Analytical or derived from analytical	--	08/2010
Glucose (dextrose) 2	g	8.01	3	0.822	6.88	9.61	2.0	4.472	11.548	1	Analytical or derived from analytical	--	08/2010
Fructose 2	g	7.66	3	0.803	6.55	9.22	2.0	4.205	11.115	1	Analytical or derived from analytical	--	08/2010
Lactose 2	g	0.00	3	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	08/2010
Maltose 2	g	0.38	3	0.302	0.07	0.98	2.0	-0.924	1.676	1	Analytical or derived from analytical	--	08/2010
Galactose 2	g	0.00	3	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	08/2010
Starch 2	g	6.33	3	0.669	5.1	7.4	2.0	3.454	9.213	1	Analytical or derived from analytical	--	08/2010
Minerals													
Calcium, Ca 1 2 3	mg	18	19	4.499	5	30	2.0	-1.363	37.349	3	Analytical or derived from analytical	--	08/2010
Iron, Fe 1 2 3	mg	0.78	19	0.483	0.15	2.99	2.0	-1.298	2.86	3	Analytical or derived from analytical	--	08/2010
Magnesium, Mg 1 2 3	mg	11	19	0.551	8	13	2.0	8.331	13.073	3	Analytical or derived from analytical	--	08/2010

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Phosphorus, P 1 2 3	mg	26	19	5.056	12	41	2.0	3.949	47.459	3	Analytical or derived from analytical	--	08/2010
Potassium, K 1 2 3	mg	454	19	48.977	263	564	2.0	242.978	664.44	3	Analytical or derived from analytical	--	08/2010
Sodium, Na 1 2	mg	7	5	1.813	5	10	1.0	-15.877	30.204	2	Analytical or derived from analytical	--	08/2010
Zinc, Zn 1 2 3	mg	0.19	19	0.019	0.14	0.29	2.0	0.112	0.277	3	Analytical or derived from analytical	--	08/2010
Copper, Cu 1 2	mg	0.213	5	0.202	0.01	0.42	1.0	-2.352	2.778	2	Analytical or derived from analytical	--	08/2010
Manganese, Mn 1 2 3	mg	0.204	19	0.067	0.11	0.51	2.0	-0.087	0.494	3	Analytical or derived from analytical	--	08/2010
Vitamins													
Vitamin C, total ascorbic acid 1 2 4	mg	23.0	6	9.675	7.5	45.4	2.0	-18.642	64.611	3	Analytical or derived from analytical	--	08/2010
Thiamin 1 2	mg	0.013	5	0.004	0.01	0.02	1.0	-0.035	0.061	2	Analytical or derived from analytical	--	08/2010
Riboflavin 1 2	mg	0.116	5	0.078	0.01	0.2	1.0	-0.87	1.102	2	Analytical or derived from analytical	--	08/2010
Niacin 1 2	mg	1.432	5	0.908	0.41	2.9	1.0	-10.109	12.972	2	Analytical or derived from analytical	--	08/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid 1 2	mg	0.397	5	0.007	0.33	0.42	1.0	0.314	0.479	2	Analytical or derived from analytical	--	08/2010
Vitamin B-6 1 2	mg	0.720	5	0.359	0.35	1.87	1.0	-3.845	5.284	2	Analytical or derived from analytical	--	08/2010
Folate, total 1 2 a	μg	7	4	1.295	3	10	1.0	-9.481	23.431	2	Analytical or derived from analytical	--	08/2010
Folate, food	μg	7	4	1.295	3	10	1.0	-9.481	23.431	2	Analytical or derived from analytical	--	08/2010
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin A, RAE 1 2	μg	7	5	0.054	2	17	1.0	6.467	7.839	2	Analytical or derived from analytical	--	08/2010
Retinol	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta 1 2	μg	82	5	3.056	17	202	1.0	43.301	120.957	2	Analytical or derived from analytical	--	08/2010
Carotene, alpha 1 2	μg	0	5	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2010
Cryptoxanthin, beta 1 2	μg	7	5	7.408	0	18	1.0	-86.723	101.54	2	Analytical or derived from analytical	--	08/2010
Vitamin A, IU 1 2	IU	143	5	1.081	41	346	1.0	129.326	156.785	2	Analytical or derived from analytical	--	08/2010

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Lycopene 2	µg	199	3	66.912	68	289	2.0	-89.247	486.547	1	Analytical or derived from analytical	--	08/2010
Lutein + zeaxanthin 2	µg	204	3	54.929	113	302	2.0	-32.357	440.323	1	Analytical or derived from analytical	--	08/2010
Vitamin E (alpha-tocopherol) 2	mg	2.11	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Tocopherol, beta 2	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Tocopherol, gamma 2	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Tocopherol, delta 2	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Lipids													
Fatty acids, total saturated	g	0.169	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
8:0 2	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
10:0 2	g	0.015	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
12:0 2	g	0.008	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0 ²	g	0.013	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
15:0 ²	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
16:0 ²	g	0.102	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
17:0 ²	g	0.004	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
18:0 ²	g	0.023	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
20:0 ²	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
22:0 ²	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
24:0 ²	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Fatty acids, total monounsaturated	g	0.102	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
14:1 ²	g	0.004	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:1 ²	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
16:1 undifferentiated ²	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
16:1 c ²	g	0.004	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
16:1 t ²	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
17:1 ²	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
18:1 undifferentiated ²	g	0.095	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
18:1 c ²	g	0.095	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
18:1 t ²	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
20:1 ²	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
22:1 undifferentiated ²	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 c ²	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
22:1 t ²	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
24:1 c ²	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Fatty acids, total polyunsaturated	g	0.097	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:2 undifferentiated ²	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
18:2 n-6 c,c ²	g	0.011	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
18:2 CLAs ²	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
18:2 t not further defined ²	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
18:3 undifferentiated ²	g	0.082	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
18:3 n-3 c,c,c (ALA) ²	g	0.082	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 n-6 c,c,c ²	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
18:4 ²	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
20:2 n-6 c,c ²	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
20:3 undifferentiated ²	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
20:3 n-6 ²	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
20:4 undifferentiated ²	g	0.004	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
20:5 n-3 (EPA) ²	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
22:4 ²	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
22:5 n-3 (DPA) ²	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
22:6 n-3 (DHA) ²	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fatty acids, total trans-monoenoic	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Amino Acids													
Tryptophan ²	g	0.049	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Threonine ²	g	0.085	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Isoleucine ²	g	0.061	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Leucine ²	g	0.073	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Lysine ²	g	0.073	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Methionine ²	g	0.024	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Cystine ²	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Phenylalanine ²	g	0.061	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tyrosine ²	g	0.049	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Valine ²	g	0.073	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Arginine ²	g	0.049	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Histidine ²	g	0.049	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Alanine ²	g	0.073	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Aspartic acid ²	g	0.147	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Glutamic acid ²	g	0.147	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Glycine ²	g	0.073	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Proline ²	g	0.085	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Serine ²	g	0.195	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010

Sources of Data¹Nutrient Data Laboratory, ARS, USDA Nutrient Analysis of Specialty Fruit Marketed in the United States, 1987 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 12i, 2008 Beltsville MD

³USDA-ARS Tropical Agricultural Research Station Nutrient content of mamey sapote fruit grown in Puerto Rico, 2009

⁴K. Mahattanatawee, J.A. Manthey, G. Luzio, S. T. Talcott, K. Goodner et al Total antioxidant activity and fiber content of select Florida-grown tropical fruits, 2006 Journal of Agricultural and Food Chemistry 54 pp.7355-7363

Footnotes

^a Mean value contains data based on the analysis of 5-methyltetrahydrofolate plus total folate determined microbiologically.

^b Large variability in weight of whole fruit (340 - 2720 g reported by U Florida).